

Community Wellness

What's New for Your Health!

- FREE Blood Pressure Screenings at the Rockville Farmers' Market every other Wednesday 11 a.m.-2 p.m. at Rockville Town Center. Other FREE monthly screenings and health information also at the Local Farmers' Market. Schedule to be announced.
- Rockville's own Wellness Website coming in Fall 2006

Healthy Hints:

- **Get in the Habit!**
Set a schedule for exercise so you don't get into the "lazy days of summer." Remember a schedule doesn't have to mean boring!
- Don't forget your sunscreen even on cloudy days! Use bug spray and carry a water bottle.
- It's important to have proper athletic shoes when doing any kind of exercise. They help you to perform well and to prevent injuries.
- **Be Adventurous!**
Try at least one new activity, sport, or hobby this summer. Check through this guide for ideas.

Enjoy recreational facilities and parks in Rockville!

Ones to try:

- RedGate Golf Course
- Lincoln Park Community Center
- Twinbrook Community Recreation Center
- Civic Center Park tennis courts
- Millennium Trail for biking, walking and jogging
- Rockville Municipal Swim Center
- **Play with your food!**
Beat the summertime boredom and introduce your kids to cooking! Encourage them to learn about cooking and healthy eating. Start out with simple dishes. Try pasta salads with cut up veggies, fruit-filled muffins, or summery smoothies!
- **Drink up!**
Most people wait too long to start re-hydrating, so don't wait until you get thirsty to start drinking! By that time you are already on your way to dehydration. To beat your thirst, drink up before, during and after you exercise.

**For more information, call City of Rockville
Wellness Coordinator Hillary Boguski at 240 314-8641.**

